Dementia Strategies: An Interprofessional Approach
October 19, 2019 – 830am – 430pm
Philadelphia PA & Via Live Webcast

Program Schedule

830am-900am Registration and Continental breakfast
900am-930am Interprofessional Team Approach to Dementia Care
  Laura Gitlin, PhD, FGSA, FAAN

Description: Dementia care is complex necessitating an interprofessional approach. This session will examine the trajectory of dementia, the different roles of health and human service professionals and specific strategies for working as a team.

Objective: Discuss the trajectory of dementia, the different roles of health and human service professionals and specific strategies for working as a team

Social Work Practice Level: Beginning

930am-1045am Coping Strategies and Therapeutic Techniques to Support the Dementia- Care Partner Relationship
  Natasha Goldstein-Levitas, MA, BC-DMT (Music & Other Creative Approaches)
  Seth Laucks MA, MT-BC, LPC (Music & Other Creative Approaches)
  Michael Bruneau JR, PhD, ASCM EP-C (Exercise)
  Stella Lucia Volpe, PhD, RDN, ACSM-CEP, FACSM (Nutrition)
  Laura Gitlin, PhD, FGSA, FAAN (Environmental Considerations)

Description:
This lecture and interactive session led by a Dance/Movement Therapy and Music Therapy team, well versed in Senior and Dementia Care, will provide an overview of the creative arts in therapy modalities (art, music, dance/movement therapies) within this arena, and offer practical strategies and creative, sensory techniques to help care partners and care professionals navigate everyday challenges and support in-the-moment interactions.

This session will present how exercise and nutrition play a role in the prevention of cognitive decline. They will also present research in the areas of exercise and nutrition with respect to dementia.

The physical and social environment are often neglected elements in dementia care. The environment can have a profound impact on the daily life and well-being of individuals with dementia and care partners. This session will discuss ways the environment can serve as a therapeutic modularity and be modified to support individuals living with dementia in different care settings.

Objectives:
Describe how the creative arts in therapy modalities (art, music, dance/movement therapies) may be used within senior and dementia care.

Review practical strategies and creative, sensory techniques to help navigate everyday challenges and support in-the-moment interactions, as a dementia care partner and/or care professional.

Discuss ways the environment can serve as a therapeutic modularity and be modified to support individuals living with dementia in different care settings.

Social Work Practice Level: Beginning

1045am-1100am   Break

1100am-1130am   Common Medical Issues, Potential Comorbidities and Best Practices
    Ann McQueen, DNP, APRN, WHNP-BC, FNP-BC, GNP-BC

Description: This session will explore the common medical issues that may present as dementia and cognitive impairment and best practices utilized to prevent comorbidity that can lead to dementia disorders.

Objectives:
Discuss medical diagnoses that may present as cognitive impairment not dementia related.
Discuss the current best practice for health prevention of modifiable dementia risk factors.

Social Work Practice Level: Intermediate

1130am-1200pm   How to Help the Individual with Dementia Explain their New Diagnosis
    Alison Lynn, MSW, LCSW, Penn Memory Center

Description: The disclosure of a new dementia diagnosis is a process too often shrouded in secrecy, conflict, and fear. But without disclosure, there cannot be support. And by continuing to treat a dementia diagnosis as shameful, we only serve to perpetuate the stigma associated with it. In this session, you’ll learn how to help yourself, or your loved one with dementia, access your inner resources to disclose a new diagnosis to family, friends, medical professionals, and the community at large.

Objective: Describe strategies to disclose a new dementia diagnosis

Social Work Practice Level: Beginning

1200pm-100pm   Lunch (Provided)

100pm-215pm   Strategies and Positive Approaches to Address Behavioral Patterns and Expressions
    Ann McQueen, DNP, APRN, WHNP-BC, FNP-BC, GNP-BC
    Natasha Goldstein-Levitas, MA, BC-DMT
    Laura Gitlin, PhD, FGSA, FAAN

Description: Behavioral and psychological symptoms are universal clinical features of dementia. DICE provides a systematic, problem solving approach that involves describing the behavior, investigating underlying causes, creating treatment plans, and evaluating the effects of any one strategy

Objectives:
Discuss individual behaviors and symptoms management using an interprofessional approach.
Discuss using the DICE method for a systematic, problem solving approach to behavioral and psychological symptoms.

Social Work Practice Level: Advanced

215pm-245pm  
**Breathing Techniques**  
*Natasha Goldstein-Levitas, MA, BC-DMT*

**Description:** Breathing is essential to life. When we are overwhelmed, stressed, and our breath is constricted, this yields more tension in the mind and body, impacting our ability to care for others and nurture ourselves. This interactive session will review what happens physiologically while stress occurs in our bodies and how breathing can help; explore the body’s own holding patterns; and demonstrate deep breathing techniques that may be practiced and applied while providing care and in stressful situations.

**Objectives:**
Discuss what happens physiologically while stress occurs in our bodies and how breathing can help. 
Demonstrate deep breathing techniques that may be practiced and applied while providing dementia care and in stressful situations.

Social Work Practice Level: Beginning

245pm-300pm  
Break

300pm-400pm  
**Finding Gratitude and Positive Meaning in Family Caregiving**  
*Barry Jacobs, PhD*

**Description:** Caring for a loved one with dementia is emotionally and physically demanding but also offers family caregivers the opportunity to grow personally and spiritually and derive an enhanced sense of purpose through making a significant difference in the life of their family. In this workshop by Barry J. Jacobs, PsyD, a clinical psychologist, healthcare consultant, and the author of two self-help caregiving books (The Emotional Survival Guide for Caregivers, AARP Meditations for Caregivers), we'll discuss means of deriving caregiving's positive rewards. We'll also talk about helping individuals with dementia and family caregivers handle specific challenges, such as shifting responsibilities, preserving dignity, and maintaining intimate relationships.

**Objectives:**
Review empirical findings of the psychological benefits for family caregivers of deriving positive rewards from family caregiving  
Describe the Honoring the Mission, prospective retrospection and Gain-Focused reappraisal techniques for helping family caregivers develop positive meanings about caregiving

Social Work Practice Level: Advanced

400pm-430pm  
**Closing and Evaluations**